13:Thurston & Rangachari E-4, 5 (no date) 1909
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564 or with one of the small sects coming between the Brāhmans and the Nāyars. But she cannot under any circumstances unite herself with a man of a clan, which [264] is inferior to hers. Nor can she eat with those of a clan inferior to her; a man may, and does without restriction.
564 Her children by an equal in race and not only in mere
651 social standing, but never those by one who is racially
613 inferior, belong to her taravād.* The children of the inferior mothers are never brought into the taravād of the superior fathers, *i.e.*, they are never brought into it to belong to it, but they may live there. And, where they do so, they cannot enter the taravād kitchen, or touch the women while they are eating. Nor are they allowed to touch their father's corpse. They may live in the taravād under these and other disabilities, but
557 are never of it. The custom, which permits a man
564 to cohabit with a woman lower in the social scale than
831 himself, and prohibits a woman from exercising the same liberty, is called the rule of anulōmam and pratilōmam. Dr. Gundert derives anulōmam from anu, with lōmam (rōmam), hair, or going with the hair or grain. So pratilōmam means going against the hair or grain. According to this usage, a Nāyar woman, consorting with a man of a higher caste, follows the hair, purifies the blood, and raises the progeny in social estimation.
558 By cohabitation with a man of a lower division (clan)
564 or caste, she is guilty of pratilōmam, and, if the
831 difference of caste were admittedly great, she would be turned out of her family, to prevent the whole
564 family being boycotted. A corollary of this custom
851 is that a Nambūtiri Brāhman father cannot touch his
783 own children by his Nāyar consort without bathing

* Tarwād or taravād, a marumakkathayam family, consisting of all the descendants in the female line of one common female ancestor.